



Nutrition and Pregnancy

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Outline

- Objectives
- Introduction
- Review of weight gain
- Review of Calcium, Iron, and Folic Acid
- Review of Fluids
- Review of what to avoid
- Fetal Alcohol Spectrum
- Exercise
- Vitamin A
- Vitamin D
- Sodium
- Common Pregnancy Problems
- Pica
- Conclusion

Objectives

- List 2 benefits of exercise during pregnancy.
- Define the disorder Pica.
- List 3 of the common health problems that may occur during pregnancy.

Introduction



- 4% women
- Teen pregnancies
- Prenatal care

Weight Gain Review

- Underweight (BMI <18.5): 28-40 lbs
- Normal weight (BMI 18.5-24.9): 25-35 lbs
- Overweight (BMI 25-29.9): 15-25 lbs
- Additional calories



Composition of Weight Gain

- Fetus- 7.8 lbs
- Placenta- 1.5 lbs
- Uterus- 2.5 lbs
- Amniotic Fluid- 2 lbs
- Breasts- 1 lb
- Blood supply- 3 lbs
- Extracellular Fluid- 7 lbs
- Maternal fat stores- 7.7 lbs
- Total- about 32 pounds

Calcium Review

- Inadequate Calcium:
 - blood pressure
 - bone mineralization
 - lead poisoning
 - breast milk
- Recommendation



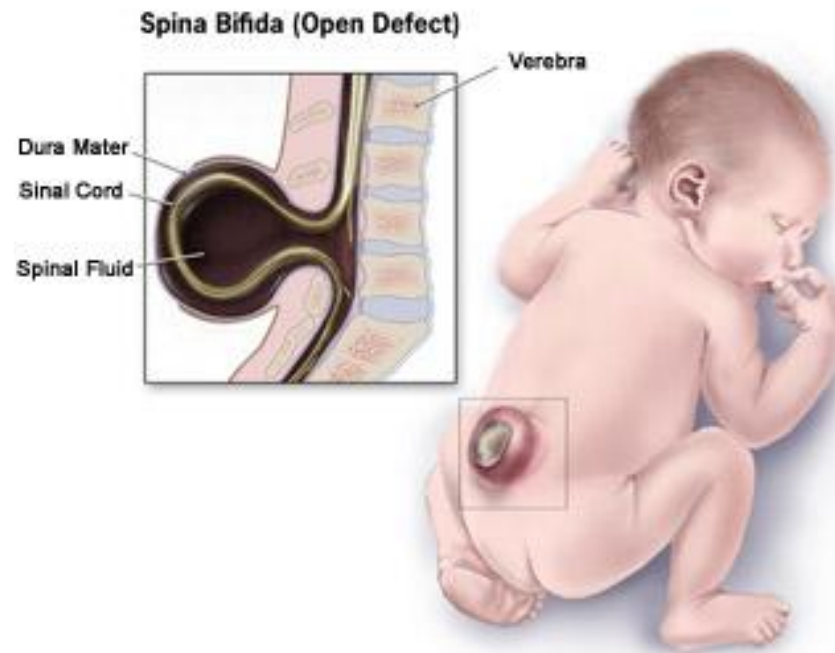
Iron Review

- Need increases
- 27 mg/day DRI
- Iron deficiency anemia
 - symptoms
 - risks
- Supplementation debate

Folic Acid Review

- Functions
 - DNA synthesis
 - gene expression
 - gene regulation
 - organ and tissue growth
- First 3-4 weeks of pregnancy
- Recommendations

Spina bifida



Fluids Review

- Blood volume
- Dehydration and Bowel Function
- 10 cups/day
- Exercise and Climate



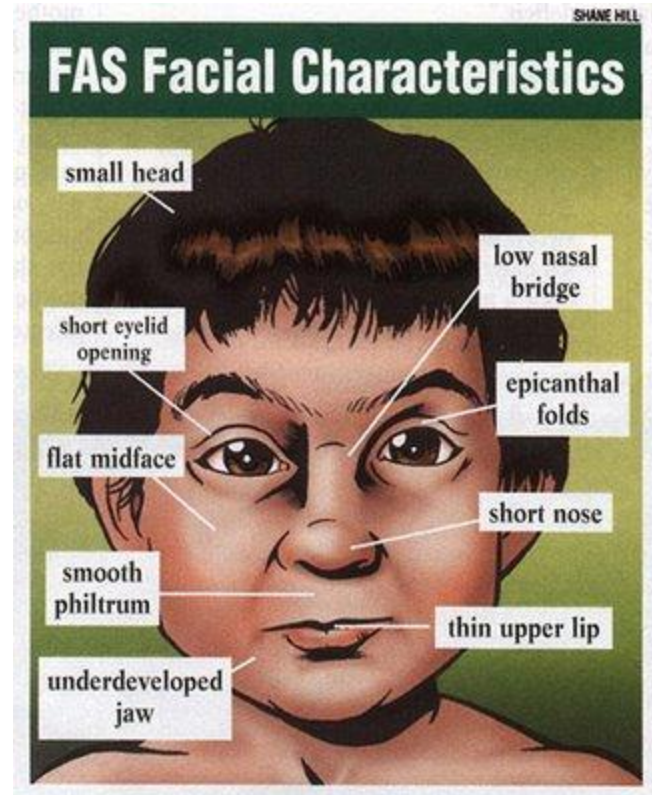
What to avoid review

- Foods likely to carry food-borne illnesses
- Tobacco/Nicotine
- Drugs
- Certain medications
- Excessive caffeine
- Alcohol



Fetal Alcohol Spectrum

- What is it?
- Fetal Alcohol Syndrome
- 1 in 1000 newborns
- Neurological disorders



Exercise



- How much?
- What kind?
- Benefits
- Precautions

Vitamin A

- Cell differentiation
- Deficiency
- Toxicity
- Retinol
- Beta-carotene



Vitamin D



- Functions
 - Fetal growth
 - Calcium
 - Teeth
- African Americans and Vegans
- Recommendation

Sodium

- Water balance
- Sodium restriction
- No need to modify intake
- “to taste”



Common Pregnancy Problems

- Nausea and Vomiting
- Heartburn
- Constipation



Pica

- “Eating disorder characterized by the compulsion to eat substances that are not food”
- Ice, laundry starch, dirt, etc.
- Iron deficiency
- Complications

Conclusion

- Prenatal care
- Make sure to consume the proper amount of the nutrients you need.
- Don't be afraid to exercise!
- Stay informed.



Works Cited

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QUESTIONS??

